

mancon

Presents



The 10th Annual eggleston



How to Register:

- Online at www.egglestonservices.org/OK5K/ by June 15, 2018.
- By mail (before June 11, 2018) with completed form and check made payable to:
Eggleston OK5K & 1 Mile Run/Walk
1161 Ingleside Road | Norfolk, VA 23502
- On-site race day registration at 7:00AM (Race Day fees may be higher)

Registration Info Needed:

Last Name/First Name _____

Address, City, State, Zip _____

Phone _____ Email _____

Gender M F

T-Shirt Size YOUTH ADULT S M L XL 2X

Age on Race Day _____ Birthdate _____

Registering for: 5K 1M Both

I'd like to make an additional donation to Eggleston, in the amount of \$ _____ (enclosed)

Please make checks payable to Eggleston.

Signature _____ Date _____

Parent Signature (if under 18) _____

Waiver

I understand that a road race is a potentially hazardous activity. I should not enter the run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running or walking in the event, including but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic conditions of the roads, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, Eggleston, the City of Norfolk, Virginia Wesleyan University, race officials, volunteers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in this event. I grant permission to all the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This race is not intended for headphones, skates or dogs on leashes, and I will abide by these guidelines. Race held rain or shine.

The OK5K & 1 Mile races are open to participants of **all ages** and **all levels of ability and mobility--runners and walkers, strollers, and wheelchair racers!**

Date & Time

Saturday, June 16th, 2018
7:00AM – Doors Open
for Registration
8:00AM -- 1 Mile Run/Walk
8:45AM – 5K Run/Walk
9:45/10:00AM – Post Race
Celebration

Location

Virginia Wesleyan
University
1584 Wesleyan Drive
Norfolk, VA 23502

Race Entry Fees

5K Run/Walk: \$30
1 Mile Run/Walk: \$15
Both 5K & 1 Mile: \$40
(Race Day fees may
be higher)

Packet Pick-Up

Friday, June 15th, 2018
11:00AM-6:00PM
Eggleston Corporate
1161 Ingleside Road
Norfolk, VA. 23502

Race-Day Packet
Pickup begins at 7:00AM
@ Virginia Wesleyan

Awards

Top 3
Overall Male/Female
Male/Female in age
categories
Walkers